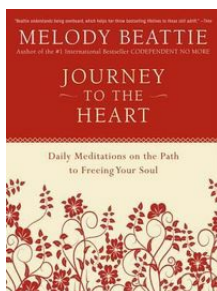


JOURNEY TO THE HEART: DAILY MEDITATIONS ON THE PATH TO FREEING YOUR SOUL



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Journey to the Heart: Daily Meditations on the Path to Freeing Your Soul

Author	Melody Beattie
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Peek Inside the Book

Taking time to rest, renew, and refresh yourself isn't wasted time. Recharge. Choose what energizes you. Melody Beattie, Journey to the Heart: Daily Meditations on the Path to Freeing Your Soul...

Now is a time of magic. Let the universe take your hand and show you things you have never seen before. Now, at last, you're open and vulnerable enough to begin. Celebrate the magic, the mystery of the unknown. Celebrate the miracles that will certainly come. Melody Beattie, Journey to the Heart: Daily Meditations on the Path to Freeing Your Soul //

Reader's Opinions

I didn't use the audio version. I read a page-a-day. This is the second time I've read through this one in a year. She took a journey to numerous sacred, spiritual places in the west as she wrote the meditations in the book. I'd love to re-trace her steps some day! Her thoughts and observations about life and...

This book is filled with daily meditations and I read one every night before I go to bed. They are very uplifting and positive and are a daily reminder that life is not as bad as I sometimes think it is!